

*If you work in a health care setting...*

# Get a Flu Shot!

## Protect Yourself

You are likely to be exposed to flu at work. If you don't get flu vaccine, you can catch the flu and end up very sick. The flu is a lot worse than a cold.

## Protect Your Family

You can spread the flu even before you feel sick. Your family and friends could become seriously ill, especially babies and older adults. Your family and friends can also miss days of school or work.

## Protect Your Patients

You can also spread the flu to your patients. For some patients, flu can be a life threatening disease.

**Protect  
against  
the flu!**

**The flu shot cannot give you the flu. It is made from killed flu viruses. Flu shots are 70-90% effective in healthy adults.**

If you are under 50, you can get the nasal-spray flu vaccine (Flu Mist®) instead of a shot. It is not an option if you have a chronic disease like asthma or diabetes, work in certain transplant units, or are pregnant. Ask your doctor for more information.

For the nearest clinic, go to [www.findaflushot.com](http://www.findaflushot.com) or check with your employer, local health department, or doctor.

## Have questions?

Visit [www.dhs.ca.gov](http://www.dhs.ca.gov) or call the Centers for Disease Control and Prevention Hotline:

**1-800-CDC-INFO 1-800-232-4636.**

California Department of Health Services, Immunization Branch, 850 Marina Bay Pkwy, Bldg. P, Richmond CA, 94804



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